

Influenza vaccination during COVID-19 pandemic

FAQs for Aboriginal and Torres Strait Islander people

Why?

Why should I get the flu jab?

Influenza is often called the 'flu'. It can be a serious disease and can cause death. Our mob is at a high risk of getting very sick with flu. Complications are most common among Elders, bubs and people with other health problems (lung or heart problems, or diabetes). The flu jab helps you stay healthy and strong and can protect you and your mob from the flu. If you are pregnant, the flu jab will also protect your baby against the flu.

With COVID-19 around, it is even more important to protect against flu so you don't get two infections – flu and COVID-19 – at the same time.

While there is no vaccine yet for COVID-19, it's important to get your flu jab early to keep you and others in the community healthy this winter.

When?

When should I get the flu jab?

To protect our mob, all Aboriginal and Torres Strait Islander people 6 months and older should get the flu jab every year in April or May (before the flu season starts, which is usually from June to September), but it's never too late to vaccinate even if after May.

Where?

Where can I get the flu jab?

You can get the flu jab at your doctor, Aboriginal Medical Service or local pharmacy.

Who?

Who should get the flu jab? Is the jab free?

All Aboriginal and Torres Strait Islander people older than 6 months should get the flu jab.

The flu vaccine is FREE for all Aboriginal and Torres Strait Islander people 6 months and older, so let your doctor know that you are Aboriginal or Torres Strait Islander.

Other?

What about other routine vaccinations during the COVID-19 pandemic?

It's very important that during this pandemic you continue to get your routine vaccinations, including keeping your bub's routine childhood immunisations up to date. Your clinic will have special processes in place to ensure safe vaccination. You can check on this when you make appointment to get your vaccine.

You can get your routine vaccinations at the same time you get your flu jab. Ask your local Aboriginal healthcare worker, doctor or nurse.